

|                          | Monday 1/3   | Tuesday 1/4  | Lean & Green Wed 1/5  | Thursday 1/6   | Friday 1/7   |
|--------------------------|--|--|---|--|--|
| <b>Entrée – choose 1</b> | *Cheeseburger on Bun (27g)<br>*Pepperoni Pizza (34g)<br>[REDACTED] | *Chicken Boneless Wings (15g) & Dinner Roll (16g)<br>[REDACTED] (37g)<br>*Turkey Sausage & French Toast Sticks (59g) | [REDACTED] (54g)<br>[REDACTED] (49g)<br>**French Bread Cheese Pizza (33g) | **Cheese & Beans (42g) <i>Burrito</i><br>*Chicken Drumstick & Waffle (35g)<br>[REDACTED] | *Salisbury Steak on Bun (36g)<br>**Veggie Pizza (39g) or Cheese Pizza (34g)<br>[REDACTED]      |
|                          | <b>COLD ENTREES</b><br>[REDACTED]                                  | <b>COLD ENTREES</b><br>[REDACTED]  | <b>COLD ENTREES</b><br>**Yogurt Parfait (53-58g) & Muffin (26-29g)        | <b>COLD ENTREES</b><br>[REDACTED]  | <b>COLD ENTREES</b><br>[REDACTED]  |
| <b>Choose 1 or more</b>  | [REDACTED] <i>brussels sprouts</i><br>**Black beans (22g)          | [REDACTED]<br>*Green Beans (5g)  | *Corn (14g)<br>[REDACTED]   | [REDACTED]<br>*Steamed Broccoli (2g)   | *Italian Mixed Vegetables – (5g) zucchini, carrot, cauliflower, Italian green bean & lima bean |

**WEEK 4**

|                          | Monday 1/10  | Tuesday 1/11   | Lean & Green Wed 1/12   | Thursday 1/13                                      | Friday 1/14   |
|--------------------------|--|--|---|--|---|
| <b>Entrée – choose 1</b> | [REDACTED]<br>*Pepperoni Pizza (34g)<br>[REDACTED] Cheese Melt (32g) | *Southwest Burger on Bun (26g)<br>*Chicken and Cheese Taquitos (30g)<br>[REDACTED] | [REDACTED] (56g)<br>[REDACTED] (42g)<br>**French Bread Cheese Pizza (33g) | [REDACTED]<br>*OH Day Turkey & Gravy<br>[REDACTED] | [REDACTED]<br>**Veggie Pizza (39g) or Cheese Pizza (34g)<br>[REDACTED] <i>Hot Dog</i> |
|                          | <b>COLD ENTREES</b><br>[REDACTED]                                    | <b>COLD ENTREES</b><br>[REDACTED]  | <b>COLD ENTREES</b><br>**Yogurt Parfait (53-58g) & Muffin (26-29g)        | <b>COLD ENTREES</b><br>**Egg Combo (34-59g)        | <b>COLD ENTREES</b><br>[REDACTED]   |
| <b>Choose 1 or more</b>  | *Corn (14g)<br>**Garbanzo beans (20g)                                | [REDACTED]<br>*Steamed Broccoli (2g)   | *Green Beans (5g)<br>[REDACTED]   | *OH Day Sweet Potatoes<br>*Collard Greens (4g)     | **Baked Beans (28g)   |

**WEEK 1**

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Vegetarian protein food is available at lunch daily. No pork, nut product or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 9/22/2021